



# LET'S PLAY WITH THE ARTS

A WORKSHOP SERIES ON USING ARTS AS LIFE SUPPORT

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Discover and explore self-empowering techniques for people working in helping / teaching professions



**HOW CAN ARTS SUPPORT MY SELF-ESTEEM ?  
WHAT IF ARTS COULD CHANGE MY PERSPECTIVE ?  
HOW CAN ARTS CHANGE MY WAY OF COMMUNICATING ?**

**How can I**

write my happiness  
fold my imagination  
dance my sadness  
sing my hopes  
draw my anger

**?**

Discover the arts as a way of expression through easy explorations (including speech, colours, movements, writing, collage)\*

\*no artistic skills needed, simple arts material required

- 05.10.23** SELF-LOVE
- 02.11.23** SELF-EXPLORATION
- 30.11.23** SELF-PERCEPTION

**7-9 PM - ONLINE** - 30 CHF/EUR per workshop (75 CH/EUR the three)

**Registration : [hello@playwitharts.ch](mailto:hello@playwitharts.ch)**

Claudia BLACHA &  
(expressive arts facilitator)

Julia ENGELS-ROCHAT  
(expressive arts therapist)